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October 16, 2014

NSAB Celebrates Navy's 239th Birthday



Photo by Julie Smith

Naval Support Activity Bethesda (NSAB) celebrated the Navy's 239th birthday with a traditional cake-cutting ceremony Oct. 14. NSAB Commanding Officer David Bionti (right) and Navy Culinary Specialist Seaman Geraldine Tang (left), as the most senior and most junior sailor in attendance at the ceremony, carry out the cake-cutting, which represents passing knowledge and experience from the older generation to the younger generation.

Participate in the Great Southeast ShakeOut Earthquake Drill

By Ron Kunz
NSAB Emergency
Management Officer

Today is the Great Southeast ShakeOut, a multi-state earthquake drill set for 10:16 a.m. You can participate in the ShakeOut and learn how to drop, cover and hold on.

- DROP to the ground (before the earthquake drops you).
- Take COVER by getting under a sturdy desk or table.
- HOLD ON to it until the shaking stops.

Earthquakes happen without warning, and the shaking

may be so severe that you cannot run or crawl. So drop, cover and hold on immediately. If there isn't a table or desk near you, drop to the ground in an

inside corner of the building, and cover your head and neck with your hands and arms. Do not try to run to another room to get under a table.

Also, during an earthquake, don't run outside. Trying to run is dangerous because the ground is moving and you can easily fall or be injured by

falling bricks, glass and other building materials. You are much safer to stay inside and get under a table.

If you can't participate Oct. 16, hold an earthquake drill for your family, workplace, organization or school anytime through Dec. 31, and you can still register your participation in the ShakeOut at www.shakeout.org/register/.

The Maryland Emergency Management Agency (MEMA) advises that earthquakes do occasionally occur in Maryland and it is important to know the

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Commander's Column

This week, the U.S. Navy celebrates its 239th birthday. To our readers who are not current or former members of the Navy, I hope you'll indulge me for a few moments while I talk about a subject that's a source of deep pride for the Sailors who live and work aboard Naval Support Activity Bethesda and all those who serve or have served in the U.S. Navy. Like our sister Services, we all have a long heritage and tradition of honorable service to our Nation, and Sailors have shared this since October 13, 1775.

It's important at times of celebration like this, that we take a few minutes and think about from where we have come, where we are, and where we are going. We need to remember and reflect upon our core values of Honor, Courage, and Commitment. This year, the Navy Birthday theme is "thanking those who support us." We owe a debt of gratitude to our families and friends, and those in our communities who have helped support us. We could not be successfully individually or as a Navy without them at our side.

In today's column, I particularly want to focus on what we're doing now and what the future holds for the U.S. Navy. The things that we do in our Navy make a difference in and around the world; whether that is projecting power forward, conducting humanitarian and disaster relief operations, patrolling the world's sea lanes, or providing a safe and fully functional installation. They bring to mind the Chief of Naval Operations' (CNO) three tenets: War-fighting First; Operate Forward; and Be Ready. There is no other force in the world that can do what our Navy does. We can put ordnance on target or provide relief assistance before anybody else; because, we have the ability to get resources where the need arises so that we can make an impact.

To quote a phrase often used by Vice Admiral Nathan, the Surgeon General of the Navy: "Whenever the world calls 911, it's the Navy on the other end of the line answering." We're the ones who can get there, be there, execute the mission and stabilize the situation until



follow-on forces arrive. Seventy percent of the world is covered by water. Eighty percent of the world's population lives near water. Ninety percent of all trade travels by water. The U.S. Navy is one hundred percent on watch.

Your daily actions have a significant impact and make a difference. Whether it's providing a safe and secure installation environment, delivering world-class

health care to patients and families, educating the next generation of providers, doing the research that leads to the next generation of treatment modalities, or providing a myriad of quality, essential support services that enable the tenant commands to be successful at their mission, you make a difference. We are a Global Force for Good.

As the installation Commanding Officer, I am immensely proud to serve with each of you. Your service and dedication is the vital blood which courses through the veins of our Navy, and is the heart of the Navy's success. We have a proud history, a critically important present, and a promising and exciting future. I charge each of you to do your utmost to uphold the tradition of honorable service of the U.S. Navy, and help to chart its future.

Where are we going? That will be where you take us. The future of our Navy is in your hands, Shipmates, and it will undoubtedly affect the course of our Nation. George Washington said, "It follows then as certain as night succeeds day, that without a decisive Naval force we can do nothing definitive, and with it, everything honorable and glorious." I honor our past. I am proud of our present. I look forward to our future. I know that you will bring the same dedication, energy and passion to bear that generations of Sailors before you, and those who will come long after you, will bring to our Navy.

Happy Birthday!

**All ahead flank,
Capt. David A. Bitonti
Commanding Officer
Naval Support Activity Bethesda**

Bethesda Notebook

Healing Arts Exhibit

The opening of the Healing Arts Exhibit is today from 3 to 7 p.m. in the pavilion between the America Garage and Building 19. Oncology Services of the John P. Murtha Cancer Center and the Creative Arts Program at Walter Reed National Military Medical Center are presenting the exhibit. For more information, contact Seema Reza at 301-319-2858 or at seema.b.reza.ctr@mail.mil, or Capt. Moira G. McGuire at 301-319-8755 or at moira.g.mcguire.mil@mail.mil.

Diwali Celebration

A celebration of the Hindu New Year festival of Diwali is tomorrow beginning at 11 a.m. in the Memorial Auditorium. A traditional Hindu meal will be served after the formal program. For more information, call 301-295-1501.

Stages of Healing

Grammy-award winning singer Gregory Porter is scheduled to perform in the America Building lobby at noon on Monday, Oct. 20, as part of the Walter Reed Bethesda Stages of Healing series. For more information, call Lt. Cmdr. Micah Sickel at 301-295-2492.

Prosperity Fair

The Fall Prosperity Fair is Tuesday, Oct. 21, from 7:30 a.m. to 3 p.m. in the courtyard between Bldgs. 9 and 10. In case of inclement weather, the event will be moved the Bldg. 9's mezzanine level. Everyone is invited to attend the event, organized for relaxation and rejuvenation. The event will include resources to help you develop your Prosperity Plan. For more information, contact Resiliency and Psychological Health Service at 301-400-1974 or dha.bethesda.ncr-medical.mesg.wrnm-resiliency@mail.mil.

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Front Desk Professionals Train, Enhance Skills

By Sarah Marshall
WRNMMC Public Affairs
staff writer

To continue fostering a culture of excellence at the nation's medical center, several staff members participated in a first-of-its-kind, hospital-wide Front Desk Professionals Course last week on Oct. 8 and Oct. 10.

Walter Reed National Military Medical Center (WRNMMC) Director Brig. Gen. Jeffrey Clark welcomed participants to the course, which focused on the importance of access to care, patient safety, enrollment/Tricare, as well as the role of The Joint Commission in assessing and improving quality.

"We all need to periodically slow down ... refresh ourselves," Clark said. He also noted front desk professionals have "an incredibly important and talented job."

Explaining they are the "face" of the medical center, Clark said they are part of the patient experience, which he said is fundamental to "who we are and what we do."

Though it's not an easy job, Clark expressed what great work these individuals do, contributing to patient friendly access to care.

Army Maj. Amy Bird, one of the course organizers, echoed the same sentiment. Front desk professionals have an incredibly important, yet challenging job, as they are first impression of the hospital, she explained. Additionally, they're expected to be "on" at every second, and that's tough,



Photo by Sarah Marshall

Customer Service Program Manager Sara Berschet gave a presentation on customer service during a Front Desk Professionals Course on Oct. 8 and Oct. 10. Berschet explained the importance of understanding the medical center's mission and vision as it provides a goal.

she said, and so it's important to pause for a "refresher."

"We all need to have time where we can sit down and talk about our craft and our field," Bird said. It's also good for professional development, she added.

Similar front desk professional training has been provided to clinics, but for the first time, the training was offered hospital-wide last week, Bird explained. The course allowed staff from various clinics to come together and share best practices, she said. Participants came from outpatient clinics, the Command Duty Office, as well as other facilities, such as the Pentagon's DiLorenzo Tricare Health Clinic, she added.

During the course, staff members reviewed a number of processes, such as scheduling, medical coding, using AHLTA, and ensuring beneficiaries are enrolled properly. Customer Service Program Manager Sara Berschet also gave a presentation on customer service.

Berschet explained the importance of understanding the medical center's mission as it provides a goal. Walter Reed Bethesda's vision, she said, is that "We are the Nation's Medical Center. We create an extraordinary experience for patients, families and staff while driving tomorrow's healthcare advances. Our mission: Walter Reed Bethesda leads military medicine through outstanding

patient-centered care, innovation, and excellence in education and research. We provide comprehensive care to prevent disease, restore health and maximize readiness."

She also emphasized it's good to have a plan as to how front desk professionals are going to create extraordinary experiences. Using the right body language, eye contact and communication are all ways to help improve people skills.

"It's a science as well as an art, and specific skills will get you specific results. It's just a matter of learning what those are," Berschet said.

Course participant Marsha Swails noted it's always good to have a refresher, and to al-

low staff members to practice honing in on their skills, especially with certain systems they may not use as frequently. This helps avoid lag time and, ultimately, prevents delay in patient care, she explained.

A medical support assistant in the MRI Clinic since 1990, Swails said one of the biggest takeaways for her was, seeing that "everyone wants to work together as one team to get the patient through the process of healing as quickly as possible."

Swails also enjoyed refreshing her techniques in using computer systems, she said, and learning of the resources available at the medical center to continue development.

"It's good to know those resources are out there," she said.

Berschet said training is available, throughout the year, to clinics and departments upon request. Additionally, staff members receive a customer service refresher, annually, during their birth month training.

In the coming weeks, staff will also have the opportunity to attend monthly customer service forums, she explained, where they can continue discussing best practices, and collaborating on ways to enhance customer service.

"This is an opportunity for your voice to be heard," Berschet said, of the upcoming forums. It's about empowering you to do your job, she added.

Information about upcoming trainings and workshops will soon be available. For more information, contact amy.m.bird.mil@mail.mil.

Domestic Violence Impacts Everyone; Know Where To Get Help

By Chyna
Holmes-Brantly
FFSC Clinical
Social Worker

This month, in recognition of National Domestic Violence Awareness Month, Naval Support Activity Bethesda (NSAB), in collaboration with their tenant commands and community partners, honors those survivors, advocates and helping professionals who continue to be a voice to those that have been silenced for so long.

Following the recent cases of domestic abuse involving professional athletes, there

has been increasing attention focused on the issue of domestic violence or intimate partner relationship violence (IPRV) not only in the sports arena, but in the community at large. It has raised many questions as a society in terms of prevalence and impact. Victims of domestic abuse continue to suffer in silence; hiding both in shame and fear behind the plastered smiles, false bravado, immaculate makeup and careers or rank.

Across the country, voices have been raised around the question: why do victims stay? How do we address domestic violence in the community,

the workplace and places of worship? The bigger question has even been raised about responsibility. Whose responsibility is it? Where does the responsibility lie? We must recognize that we all have a stake in eliminating this epidemic. Not only from an individual perspective, but as a collective group.

The Department of Defense (DOD) defines domestic abuse and domestic violence as "a pattern of behavior resulting in emotional and/or psychological abuse, economic control and/or interference with personal liberty that is directed toward a person who is:

a current or former spouse; a person with whom the abuser shares a child in common; or a current or former intimate partner with whom the abuser shares or has shared a common domicile." "Common" tactics used by perpetrators or offenders in the military are controlling partners access to his or her military ID card or base; leaving no allotments during deployments; not sharing pay or financial records; and controlling partner with stares, looks and gestures.

It is important to recognize the signs of domestic abuse, as the "injuries" or impact often is less visible, though

nonetheless as detrimental. The reality is that domestic violence, often referred to as IPRV, can happen to anyone. It is an issue that crosses all racial, ethnic and cultural barriers. Domestic violence does not discriminate. It happens among heterosexual couples and in same sex partnerships. While women are more commonly victimized, men are also abused, especially verbally and emotionally, although sometimes physically as well.

According to statistics from the National Coalition on Do-

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HELP

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mestic Violence, on average, nearly 20 people per minute are victims of physical violence by an intimate partner in the United States. During one year, this equates to more than 10 million women and men. One in three women and one in four men have experienced [some form of] physical violence by an intimate partner within their lifetime. One in five women and one in seven men have experienced severe physical violence by an intimate partner in their lifetime. One in seven women and one in 18 men have experienced stalking victimization during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed. On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide. In domestic violence homicides, women are six times more likely to be killed when there is a gun in the house. Intimate partner violence accounts for 15 percent of all violent crime and is most common among women between the ages of 18 to 24.

Who should be held accountable? ‘It’s not my problem’ is most often the response; however, we each have a choice as to whether to take a pas-

sive role or to step up and be a voice for those whose voices have been silenced. The reality is that we are all impacted by the prevalence of domestic and family violence on several levels. According to the U.S. Department of Housing and Urban Development, domestic violence is the third leading cause of homelessness among families; survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks, and other emotional distress; and domestic violence contributes to poor health for many survivors. For example, chronic conditions like heart disease or gastrointestinal disorders can become more serious due to domestic violence; among women brought to emergency rooms due to domestic violence, most were socially isolated and had fewer social and financial resources than other women not injured because of domestic violence. Without help, girls who witness domestic violence are more vulnerable to abuse as teens and adults; without help, boys who witness domestic violence are far more likely to become abusers of their partners and/or children as adults, thus continuing the cycle of violence in the next generation.

Domestic abuse is a crime, punishable by the court of law. Offenders are held accountable for their actions when cases are brought forth. However, domestic abuse remains a highly underreported crime. Victims are often fearful to pursue legal avenues against their offenders for fear of re-

taliation, fear or shame and public “persecution” or “victim blaming.” It often takes six attempts at leaving a relationship before a victim is able to leave an abusive relationship permanently. The need for ongoing support and services is needed to help individuals and families. Victims are afforded several options to seek and receive services, with or without their abusers knowledge. Victims can contact their installation Family Advocacy Office and identify whether they are able to pursue either a restricted or unrestricted report. Domestic Violence Victim Advocates (DAVA’s) are available to assist with safety planning as well as supportive counseling.

Commands play a huge role in stemming the tide, by supporting and implementing the DOD policy. The Department Of Defense policy instructs that its purpose and role is to prevent and eliminate domestic abuse in the Department of Defense; provide for the safety of victims; hold abusers appropriately accountable for their behavior; and coordinate the response to domestic abuse with the local community. By enforcing a no-tolerance policy and providing avenues for both victims and offenders to seek treatment, family stability and service member readiness will be increased. These collaborated efforts continue to validate the need for education and training.

If you suspect domestic abuse, speak up and reach out. Here are some help-

ful tips if you suspect someone is in an abusive relationship or if you yourself are in need of help or advice.

Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions

Don’t:

- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

Do:

- Ask if something is wrong
- Express concern
- Listen and validate
- Offer help
- Support his or her decisions
- Wait for him or her to come to you
- Judge or blame
- Pressure him or her
- Give advice
- Place conditions on your support

We each can play a role in either the perpetuation of family violence or its eradication. For help and/or additional information, contact your local Family Advocacy Office/FFSC at 301-319-4087 or the National Domestic Violence Hotline at 1-800-799-SAFE (7233). For Command FAP POC training, contact Sharmane Delgado Payne, counseling and advocacy supervisor, at 301-295-6804.



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Employee Assistance Program – Providing Help to Live Healthy and Work Well

By **Katrina Skinner**
WRNMMC Public Affairs staff writer

When the stressors of life take their toll – affecting your personal and professional environments – the Federal Occupational Health’s (FOH) Employee Assistance Program (EAP) provides confidential counseling and referral services, at no cost, to help you get back on track.

The EAP offers convenient access by phone and on the Web. An employee can call 1-800-222-0364 (TTY, 888-262-7848) 24 hours a day, 365 days a year, from anywhere in the United States and receive immediate assistance. Online information and resources are available at www.FOH4You.com. There, an employee can find easy access to edu-



Courtesy Photo

cational materials, self-assessment tools, and specific information on all services available through EAP.

Financial experts and licensed attorneys are available to answer legal and financial questions while professional counselors provide face-to-

face, short-term counseling to employees – federal and contract – and their family members. For individuals needing a referral, counselors can refer to community resources, based on client needs, health insurance coverage, and financial resources.

FOH’s EAP is available to supervisors and employees, in accordance with both state and federal laws, the Privacy Act of 1974 and applicable Confidentiality Regulations.

At Walter Reed Bethesda, the Resiliency and Psychological Health Service department can help staff connect with the EAP, in addition to numerous other services available at the medical center, according to Lt. Cmdr. Dwayne Buckingham, the department chief.

“Our goal is to boost morale, improve job satisfaction and promote teamwork with the intent of creating a healthy and productive workplace environment,” Buckingham added.

He said WRB’s resiliency services are mobile and flexible, providing an array of in-house of-

ferings that include leadership consultation, workplace assessments, one-on-one non-documented consultations, psych-education and customized training, and morale checks.

One of those offerings are the quarterly Prosperity Fairs, where staff members can learn about general health

and behavioral health resources. There are also courses, like chair yoga, stress management and relaxation techniques, offered through the internal medicine department.

To learn more on how to empower you or your team, contact Resiliency and Psychological Health Service at 301-400-1974.

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Photo by Bernard S. Little

A young attendee at the Invincible Spirit Festival on Naval Support Activity Bethesda is prepared for the weather and the food at the event held on Oct. 7.

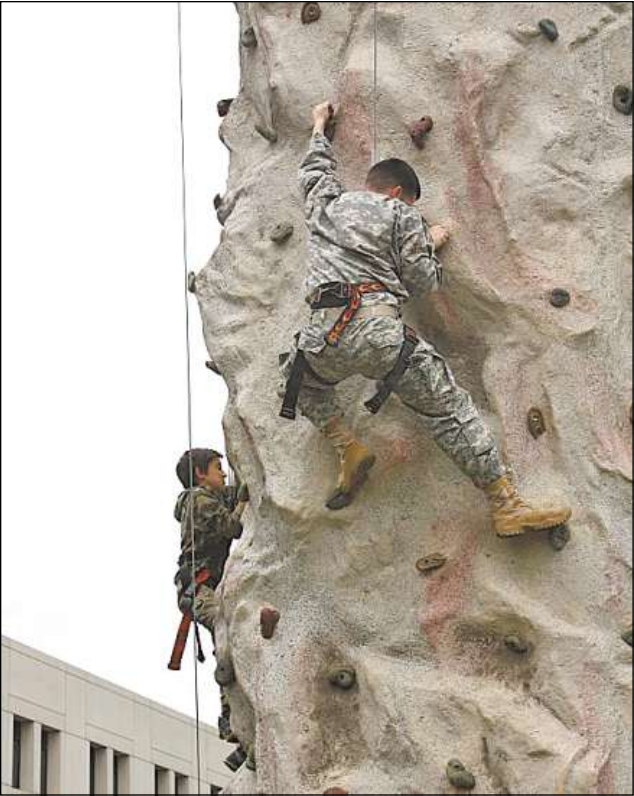


Photo by Bernard S. Little

It was a race to the top of a 25-foot climbing wall for a Soldier and family member as part of the Invincible Spirit Festival on Naval Support Activity Bethesda on Oct. 7.



Photo by Mass Communication Specialist 2nd Class Christopher Krucke

The Invisible Spirit Festival gave wounded warriors, patients, staff and their families an opportunity to gather for fun and food.

By Bernard S. Little
WRNMMC Public Affairs staff writer

Rain could not dampen the spirit Oct. 7 as the Walter Reed Bethesda community gathered in front of the Tower to enjoy food, fun and the music of the Gary Sinise and the Lt. Dan Band on Naval Support Activity Bethesda (NSAB).

The festivities were part of the Invincible Spirit Festival on base cohosted by actor and philanthropist, Gary Sinise, who portrayed the character Lt. Dan in the movie “Forrest Gump,” and the USO, a day-long appreciation event for wounded warriors, patients, staff members and their families. Celebrity Chef Robert Irvine, of “Restaurant: Impossible,” was also on hand to provide a watchful eye over the preparation of the food for the event.

“We’re going to make sure we all have a great time today,” Sinise said before taking to the stage with his Lt. Dan Band. “We’ve been looking forward to coming back here,” he added. The band played on NSAB last year during staff appreciation day.

Irvin, who was also at last year’s festivities, said every time he comes to an event with Sinise, “He

amazes me and gets me excited when he plays his music. He’s like a kid..., and he plays that music to honor you guys; a big shout-out to all active duty, our caregivers and their families.”

The duo “Soul and Silver” opened for the Lt. Dan Band, performing a variety of folk and rock songs. Then the Lt. Dan Band took to the stage for nearly two hours, covering songs from classic rock, rhythm and blues to the country hits.

Activities for the young and the young-at-heart were also available at the festival. An inflatable obstacle course proved a challenge for service members and others who attempted to negotiate the leaps and bounds, and the face-painting venue gave participants the opportunity to bring out their alter egos. Those brave of heart and fleet of foot were able to tackle the 25-foot-tall mobile wall climb, and service members also tested their arm strength at a pitching venue. Other offerings at the event included a children craft table, and a table where a balloon artist made different inflatable items.

Corey Burdette, 4, a family member of a wounded warrior, not only got his face painted, but received a balloon guitar to hone his air guitar skills.



Photo by Bernard S. Little

Petty Officer 2nd Class Wendell Payne is all smiles after completing an inflatable obstacle course that was part of the festivities at the Invincible Spirit Festival.



Photo by Bernard S. Little

Hospital Corpsman Johnathan Hoydich prepares to launch his fast ball at a pitching venue as part of the Invincible Spirit Festival offerings at Naval Support Activity Bethesda on Oct. 7.



Photo by David L. Frishberg

Service members joined Gary Sinise and the Lt. Dan Band on stage as they performed a concert at NSAB Oct. 7

Brig. Gen. (Dr.) Jeffrey B. Clark, WRNMMC director, said the reason for the Invisible Spirit Festival at Walter Reed Bethesda is because, “We got good folks, [and] a great team.”

Navy Capt. (Dr.) David A. Bitonti, NSAB commanding officer, also thanked the USO for the programs and events its staff puts on for wounded warriors, active duty and their families at NSAB.

The Vice Chairman of the Joint Chiefs of Staff, Navy Adm. James A. Winnefeld, Jr., was also on hand to thank Sinise and Lt. Dan Band for hosting the event for the Walter Reed Bethesda community. Winnefeld described Sinise and the band as “a man and a band with a plan. They’ve done so much across the country for military families, for wounded warriors and the like, and it’s such a privilege to have them here.”

Sinise and the Lt. Dan Band play an average of 30 to 40 shows per year in support of the actor’s foundation, which serve and honor veterans, first responders, their families and others in need.

As the Sinise and the Lt. Dan Band played for the Walter Reed Bethesda community last week, the sun broke through the clouds, and those in at-

tendance joined the band on stage to jam to the tunes before forming a conga line and parading in front of the historic Tower on NSAB to the beat of the music.

“It was a great break for the hard working personnel at Walter Reed National Military Medical Center and Naval Support Activity Bethesda,” said Sgt. Maj. Jeffrey M. Zak, chief clinical non-commissioned officer at WRNMMC. “To have Chef Irvin and all the volunteers cook us lunch, and to have Gary Sinise and the Lt. Dan Band perform for us, just shows how much the staff is appreciated and admired for the tremendous and important work they do in caring for the wounded, ill and injured, [as well as] service members and their families.”

Tyrone Boyd, NSAB supply technician, agreed. “For days before the event the vibes in my office was very high. When I got to the event, I saw, felt and heard the positive comments which were made by everyone I came in contact with. Even the on-and-off drizzle we had did not dampen how the entire staff felt. I must commend Brig. Gen. Clark, Capt. Bitonti and all who made this event a great success for everyone.”



Photo by Bernard S. Little

Corey Burdette, 4, enjoys the festivities at the Invincible Spirit Festival on Naval Support Activity Bethesda on Oct. 7.



Photo by Bernard S. Little

The young and the young-at-heart enjoy the offerings at a craft table that was part of the Invincible Spirit Festival at Naval Support Activity Bethesda on Oct. 7.



Photo by Bernard S. Little

Walter Reed Bethesda beneficiaries and staff are served a cook-out style meal as part of the festivities at the Invincible Spirit Festival on Naval Support Activity Bethesda on Oct. 7.

Things Sailors Need to Know About Social Media and Security

By U.S. Fleet Cyber Command, U.S. 10th Fleet Public Affairs

As the U.S. Navy remains ever vigilant, taking the fight to the enemy, recent media reports have highlighted potential risk from information carelessly or inadvertently shared on social media.

There has also been a steady stream of reporting on criminal and other malevolent cyber actors who seek information using hoax emails, also known as phishing, to gain access to finances or other sensitive information.

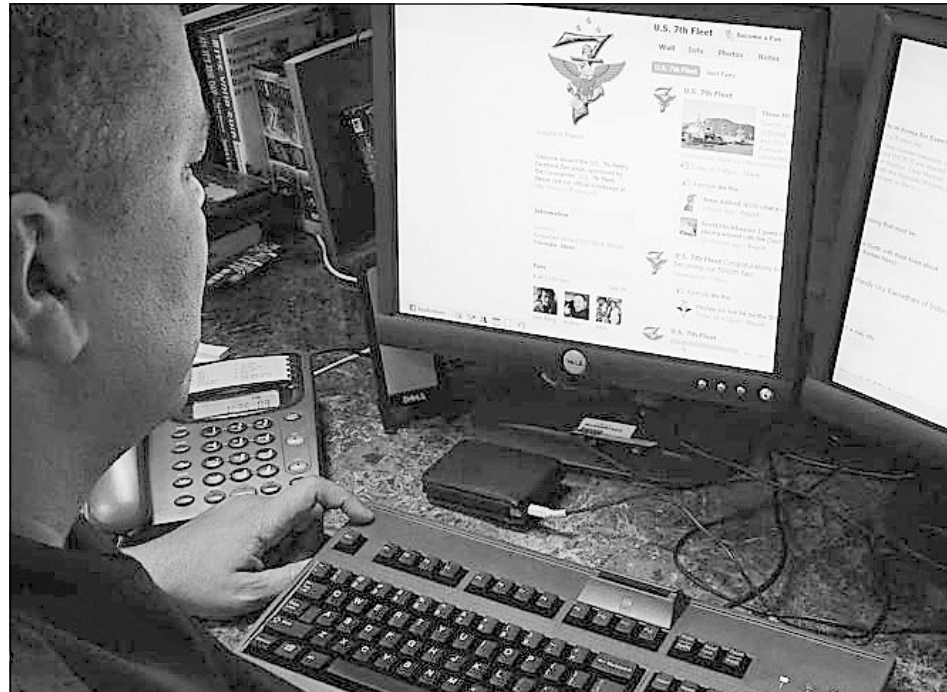
Safety and security are always the highest priority for the Navy and therefore the recent reports on social media risks and new or recycled phishing scams do not necessarily mean there is an increased threat. The Navy, however, can never let its guard down.

Private, personal, and

sensitive information could become available to adversaries or criminals via social media or phishing if service members and their families do not practice operations security (OPSEC).

To avoid disclosing private, banking, and other sensitive information publicly via social media, Sailors should keep in mind the following five things: never share anything online you would not tell directly to the enemy; never post private or personal information; assume any information you share electronically will be made public; when in doubt about a suspicious email from a supposed bank, call your financial institutions or check with your command Information Assurance (IA) lead. Your command IA can also assist with other types of suspicious email.

Phishing scams tend to have common characteristics that make them



Official U.S. Navy file photo

easy to identify. They include spelling and punctuation errors; scare tactics to entice a target to provide personal information or follow links, sensational subject lines to entice targets to click on attached links or provide personal information; in-

clude a redirect to malicious URL's which require you input usernames and passwords to access; try to appear genuine by using legitimate operational terms, key words and accurate personal information; fake or unknown sender.

The Naval OPSEC Support Team, part of Navy Information Operations Command Norfolk, highlights "Knowledge is power - for both you and the adversary," and advises understanding the value of your information; being suspicious of unso-

olicited phone calls, online requests, or emails; being suspicious when information about you and your family is requested; always asking yourself, do they have the "need to know."

Ensure OPSEC is a way of life always. Navy leaders should remind Sailors and their families to assess how they use social media with OPSEC in mind - and the need to best protect themselves, their loved ones, and all with whom they serve.

It is everyone's responsibility help keep Sailors, civilians, and families safe by not sharing personal or sensitive military information in email or in any online environment.

For more information, and for links to OPSEC review materials, visit Naval OPSEC Support Team's website at: <http://www.public.navy.mil/fcc-c10f/nioconorfolk/Pages/OPSECMission.aspx>.

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Blessing of the Animals



Photo by Sharon Renee Taylor

Red Cross Volunteer Patricia Wells and her dog, Rika, receive a blessing Oct. 7 from Army Chaplain (LTC) John O'Grady of the Pastoral Care Department at Walter Reed Bethesda. The Blessing of the Animals is an annual tradition sponsored by Pastoral Care in conjunction with The Feast of St. Francis of Assisi. Nearly 25 service and therapy dogs, a cat, and their owners and handlers gathered to receive the blessing in the peace garden at Walter Reed National Military Medical Center. The animals were recognized for their value and meaning to wounded warriors, veterans and their families.

DRILL

Continued from pg. 1

basics of earthquake preparedness to ensure that your employees stay safe during an incident. There have been nine earthquakes in Maryland since 2001 according to the Maryland Geological Survey.

Many people remember where they were and how they reacted Aug. 23, 2011, when an historic 5.8 earthquake centered in Louisa County, Va., knocked homes and buildings from foundations, destroyed schools and heavily damaged the Washington Monument. For more information about the Great Southeast ShakeOut from both Virginia and Maryland Emergency Management officials, please visit the websites to the right.

Maryland Emergency Management Agency
<http://www.mema.state.md.us>

USGS Maryland Earthquake Webpage
<http://earthquake.usgs.gov/earthquakes/states/?region=Maryland>

Virginia DEM Earthquake Page
<http://www.vaemergency.gov/readyvirginia/stayinformed/earthquakes>

Virginia Tech Seismological Observatory
<http://www.geol.vt.edu/outreach/vtso>

USGS Virginia Earthquake Webpage
<http://earthquake.usgs.gov/earthquakes/states/?region=Virginia>

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Navy Celebrates 239 Years of Excellence, Service

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

“What better way to celebrate our Navy’s birthday than to gather here as one Walter Reed Bethesda family as we honor our colors,” Walter Reed National Military Medical Center Director Brig. Gen. (Dr.) Jeffrey B. Clark told the formation of active duty Sailors, Soldiers, Airmen, retirees and former service members that gathered at the flag pole in front of Bldg. 1 on Oct. 9 to commemorate 239 years of the nation’s Navy.

The birthday for the U.S. Navy was officially observed on Oct. 13.

The Marine Corps Brass Quintet also performed during the early morning ceremony at Walter Reed Bethesda celebrating the Navy’s 239th birthday last Thursday.

Hospitalman Second Class Richard Derrick of Orthopedics read the birthday message from Master Chief Petty Officer of the Navy (MCPON) Mike Stevens at the ceremony. The message stated, “Our history is a road map and a guide to help us stay the course and aid us in navigation throughout the challenges we face. It is these challenges that create the opportunities that



Command Master Chief Tyrone Willis re-enlists in the Navy for two more years Oct. 9 after a ceremony commemorating the Navy’s 239th birthday.

allow us to grow as a Navy. We come together every Oct. 13 to celebrate our history, [helping] future generations understand its importance.”

The MCPON’s message expressed deep gratitude to Sailors, civilians and family members for their selfless service and dedication to the Navy. He extended sincere appreciation to Navy

families for continued love and support.

“You are the keystone to our readiness, and your role is vitally important,” Stevens explained. “It’s important to remember how this time is about the birth of our service as well as the beginning of an American independence, he continued.

“Our Navy has remained steadfast and ready from the very beginning, and we continue to be ready to answer the call of our nation,” the MCPON added.

Master Chief Petty Officer Pietro Martone, senior enlisted advisor for the Assistant Chief of Staff and Special Assistants Directorate, performed the bell ringing ceremony at the Walter Reed Bethesda celebration.

“As directed, the bell will strike nine times to commemorate the 239th birthday of the United States Navy. Eight bells used to signal the end of the watch represent the end of the current birthday year,” Martone explained. He also provided a brief history of the Navy.

During the War of 1812, the Navy faced its first real test, he said. The war began at sea when U.S. ships were ordered to sail upon the high seas and U.S. citizens were forced into the crews of another nation’s ships.

“The great battles that followed proved the fighting medal of our Sailors on the cutting edge of our ship designs. These battles established both free trade and free navigation of critical national interests of our country,” Martone said.

“The War of 1812 served as a critical turning point for our Navy,” he said. “On this 239th birthday of our Navy, we are honored to serve in the greatest



Hospitalman 2nd Class Luke D. Hinlicky, a field medical technician at Walter Reed Bethesda, rang the bell nine times during the special Oct. 9 colors formation to commemorate the 239th birthday of the United States Navy.

maritime fighting force the world has ever seen but we do so with humility, continuing to build upon the framework those fighting Sailors forged before us.”

A single bell rang after Martone’s history lesson. Known as the ceremonial ninth, traditionally used to signal the start of a new watch, the single bell represents the start of a new year, the Navy’s 240th.

Following, Clark cut the Navy birthday cake with WRNMMC Command Master Chief Tyrone Willis and Hospitalman Alexandria Yeoman, representing the oldest and youngest Sailors in Navy tradition. Yeoman smiled when Willis asked the 19-year-old her birthdate.

Willis shared a special date of his own with the formation assembled, Oct. 9: the senior Sailor re-enlisted during the ceremony, officiated by Clark.

“I couldn’t find a better time or better person to re-enlist me on this day but the good general,” said Willis, who explained his two-year re-enlistment will take him to 31 years in the U.S. Navy.

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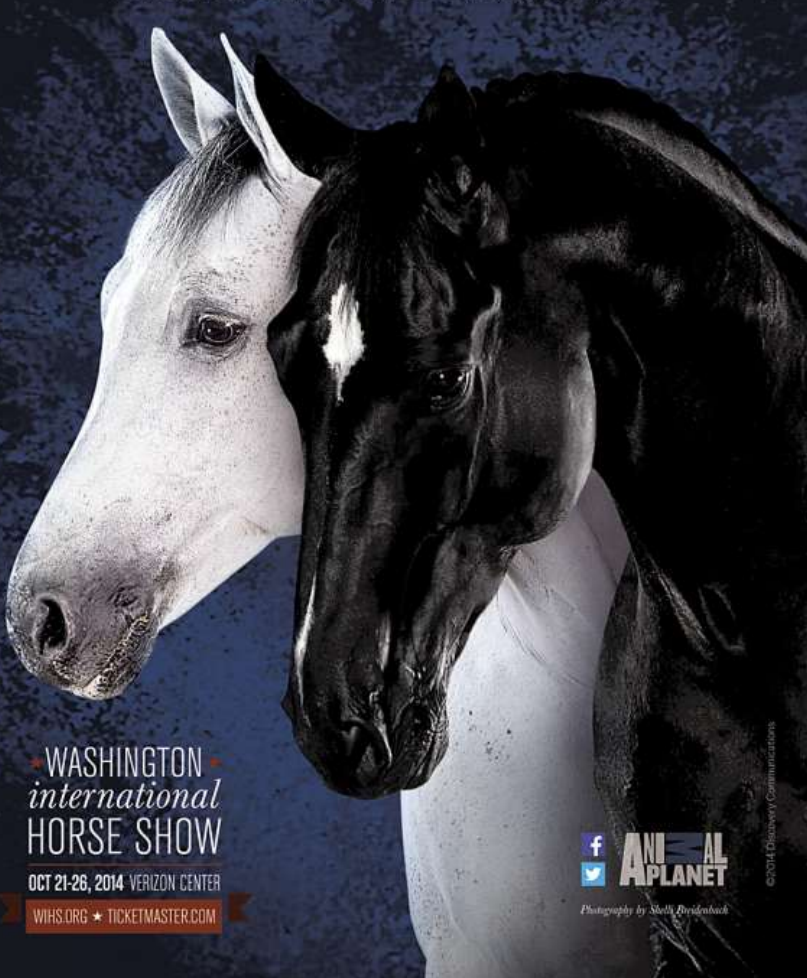


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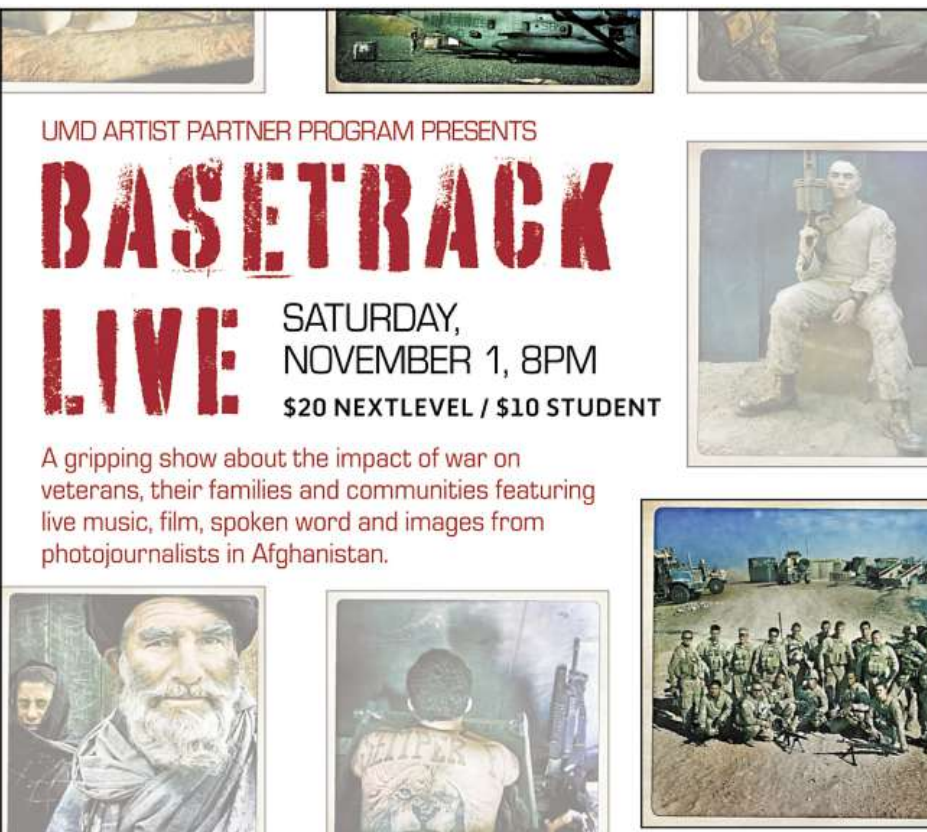
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